

# Senior Mat Yoga



Seniors, bring your mat for this gentle, all level flow class for those interested in a mat class who can comfortably move from sitting/lying down to standing throughout the class.

- Deep stretches
- Toning and strengthening work
  - Sitting or lying down position
  - Breath work will be included
- Promotes greater flexibility and stamina

Beginners are welcome and will be encouraged to pace themselves and focus on mastering the basic postures before moving onto the more complex poses.

**Location:** West Milford Recreation Center, gym 1

**Dates:** Wednesday's, November 2, 9, 16, 23 & December 7, 14, 21, 28

**Time:** 10:00-11:00AM

**Price:** \$40.00 for 8 classes

To register, go to [www.westmilford.org](http://www.westmilford.org), click on the Services tab at the top of the screen, then select Community Services & Recreation Registration. Look for Seniors 2022.

If you need assistance, call the Recreation Office at 973-728-2871 Monday—Friday, 8:30 a.m. – 4:30 p.m.

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